02/08/24 BIG FOOD

Common Preservative May Harm Your Gut + More

The Defender's Big Food NewsWatch brings you the latest headlines related to industrial food companies and their products, including ultra-processed foods, food additives, contaminants, GMOs and lab-grown meat and their toxic effects on human health. The views expressed in the excerpts from other news sources do not necessarily reflect the views of The Defender.

By The Defender Staff

8

Miss a day, miss a lot. *Subscribe to The Defender's Top News of the Day.* ***It's free.***

Common Preservative May Harm Your Gut

Newsweek reported:

> A common food preservative may be damaging our gut health, scientists have warned. Nisin is a popular antimicrobial preservative used in everything from beer to cheeses and dipping sauce. It is made naturally by bacteria to eliminate competition from other microbes by killing them.
>
> Compounds like this are often called "lantibiotics" because they are made of special bacteria-derived molecules called lantipeptides. However, while these are very effective at eliminating food-borne diseases, they may also be damaging the "good" microbes in our gut.
>
> "Nisin is, in essence, an antibiotic that has been added to our food for a long time, but how it might impact our gut microbes is not well studied," Zhenrun "Jerry" Zhang, a postdoctoral scholar in the lab of Eric Pamer at the University of Chicago, said in a statement. "Even though it might be

Donate Now

You make the difference.

GUIDESTAR PLATINUM SEAL OF TRANSPARENCY 2020

Latest News

CDC's Own Scientists Found Masks Ineffective for COVID — But Agency Recommended Them Anyway

5 Takeaways From This Week's Testimony in Landmark Fluoride Trial

Glyphosate Exposure During Pregnancy Raises Child's Risk of Poor Brain Function

MORE NEWS

Latest Views

Watch: Lawyer, Plaintiffs in Rockland County Measles Lockdown Lawsuit Discuss $750,000 Settlement

Why Pregnant Women Should Take Drastic Steps to Lower EMF Exposure During Pregnancy

Government Censorship Isn't New — But It's Getting More Personal

MORE VIEWS

very effective in preventing food contamination, it might also have a greater impact on our human gut microbes."

In their study, published in the journal ACS Chemical Biology, Zhang and his colleagues isolated these gut-derived lantibiotics and tested how they might interact with disease-causing microbes as well as the good bacteria in our gut. What they found was that the good gut microbes were just as vulnerable to lantibiotics as the "bad" microbes that cause disease.

General Mills Urged to Reduce Plastic Chemicals in Food Products

CBS News reported:

Consumer Reports is urging General Mills to reduce plastic chemicals in its pre-packaged foods. In a letter sent Wednesday to General Mills, the advocacy group said it found "concerning" levels of phthalates in several General Mills products, including Annie's Organic Cheesy Ravioli. Other General Mills products that tested positive for high levels of chemicals include Yoplait Original Low Fat Yogurt, Cheerios Original and Green Giant Cream Style Sweet Corn, according to Consumer Reports.

"When you buy organic, the last thing you'd expect is that you would be eating plastic chemicals," Consumer Reports Food Policy Director Brian Ronholm said in a statement.

Phthalates, also known as plasticizers, are chemicals that can be used to make plastics more durable and flexible, according to the Centers for Disease Control and Prevention. Some studies have linked the chemicals to adverse health outcomes such as heart disease, diabetes and obesity.

The organization in January published a report listing the plastic chemical contents of more than 80 popular snacks and other pre-prepared foods. The study found that 99% of supermarket and fast foods contain phthalates, while 79% contain traces of another potentially harmful substance called bisphenol A.

Ditch That Plastic Container, Study Says. Plastics Linked to Thousands of Preterm Births.

USA TODAY reported:

Chemicals commonly used for plastic in food containers, lotion and other products are linked to tens of thousands of preterm births in the U.S. each year, according to a new study.

The researchers behind the Lancet Planetary Health study published Tuesday looked at daily exposure to phthalates, synthetic chemicals used in everyday items, by examining national data on 5,000 mothers. The study showed an increased risk of preterm birth, which has risen in the U.S.

Millions of tons of phthalates are produced annually in the U.S., which is one of the world's top manufacturers of the chemicals. They are found in common household items, from toys to Tupperware, and are used to make plastics more durable, bendable and shiny. They're even common in food production.

Phthalates can enter the skin or be digested or inhaled. They disrupt hormones that act as chemical messengers, said Landrigan, of Boston College. In pregnant mothers, this can influence hormone regulation as the child comes to term. In fetuses, hormones give signals as a baby develops.

U.S. Court Bans Three Weedkillers and Finds EPA Broke Law in Approval Process

The Guardian reported:

Dealing a blow to three of the world's biggest agrochemical companies, a U.S. court this week banned three weedkillers widely used in American

Get FREE News & Updates!

First Name..

Last Name..

Email..

SIGN UP

Get Text Alerts

Sign up for breaking news from The Defender.

Currently only eligible for numbers in the U.S. and Canada.

1234567890

Phone

REQUIRED. Phone number must be in a standard 10-digit format: 1234567890 or 123-456-7890

CONTINUE

agriculture, finding that the Environmental Protection Agency (EPA) broke the law in allowing them to be on the market.

The ruling is specific to three dicamba-based weedkillers manufactured by Bayer, BASF and Syngenta, which have been blamed for millions of acres of crop damage and harm to endangered species and natural areas across the Midwest and South.

This is the second time a federal court has banned these weedkillers since they were introduced for the 2017 growing season. In 2020, the Ninth Circuit Court of Appeals issued its own ban, but months later the Trump administration reapproved the weedkilling products, just one week before the presidential election at a press conference in the swing state of Georgia.

But a federal judge in Arizona ruled on Monday that the EPA made a crucial error in reapproving dicamba, finding the agency did not post it for public notice and comment as required by law. U.S. district judge David Bury wrote in a 47-page ruling that it was a "very serious" violation and that if the EPA had done a full analysis, it probably would not have made the same decision.

Bury wrote that the EPA did not allow many people who are deeply affected by the weedkiller — including specialty farmers, conservation groups and more — to comment. The lawsuit was filed by farmer and conservation groups.

FDA Names Likely Source of Lead in Contaminated Cinnamon Applesauce Pouches

NBC News reported:

The recalled WanaBana cinnamon applesauce pouches potentially linked to lead poisonings in hundreds of people across the United States were likely contaminated by a single cinnamon processor in Ecuador, the Food and Drug Administration said Tuesday.

Ecuadorian officials have identified Carlos Aguilera, a cinnamon processor, as "the likely source of contamination" of the applesauce pouches, the FDA said.

The investigation and legal proceedings by officials in Ecuador to determine ultimate responsibility for the contamination are still ongoing, the FDA said, but Aguilera's business is not operating at this time.

As of Feb 2., the Centers for Disease Control and Prevention had received 413 reports of elevated blood lead levels linked to the pouches in 43 states.

Pregnant Women Should Avoid Ultraprocessed, Fast Foods, Experts Urge

ScienceDaily reported:

If you're pregnant, you may want to think twice before making a hamburger run or reaching for a prepackaged pastry, according to research published last month in the journal Environmental International.

Oddly enough it's not the food that the report targets — not the fries, burgers or even the shakes and cakes — but what touches the food before you eat it. Research shows that phthalates, a class of chemicals associated with plastics, can shed from the wrapping, packaging and even from plastic gloves worn by food handlers into food.

Once consumed during pregnancy, the chemicals can get into the bloodstream, through the placenta and then into the fetal bloodstream. The chemical can cause oxidative stress and an inflammatory cascade within the fetus, researchers noted.

Previous literature has indicated that exposure to phthalates during pregnancy can increase the risk of low birth weight, preterm birth and child mental health disorders such as autism and ADHD. This is the first study in pregnant women to show that diets higher in ultra-processed foods are linked to greater phthalate exposures, the authors wrote.

Why Your Groceries Are Still so Damn Expensive

Forbes reported:

> Grocery prices are 30% higher than just 4 years ago. In the wake of World War Two, the grocery industry was born to ensure a cheap, convenient and abundant food supply. Decades later, the same industry leveraged pandemic-related supply chain crises to raise prices and reap enormous profits, all while selling less food. Sustained higher prices are not only a burden on consumer budgets but are also an ongoing policy failure by the Biden Administration.
>
> The U.S. grocery industry is a $1.03 trillion behemoth. According to data shared exclusively with Forbes by NIQ, across all grocery categories in all channels of trade, prices are up nearly 30% since 2019, while unit volumes are flat. What does this mean? Average shoppers are spending more money and coming home with less food. And Ozempic has nothing to do with it.
>
> Despite the illusion of variety, most grocery categories are dominated by a handful of consumer packaged goods (CPG) companies that own troves of familiar brand names.
>
> While workers get disproportionately blamed for high prices, Wall Street profit rates are the highest since World War Two and stock buybacks are at record highs. Walmart's Walton family has a combined net worth of over $238 billion, increasing by $8.8 billion from 2020 to 2022. The Mars family added $21 billion to their fortune from 2020-2021.
>
> Food and agriculture billionaires added $400 billion to their wealth from 2020-2021, with Covid-19-related food inflation creating over 60 new food billionaires. Sellers' inflation is Robin Hood in reverse: massive wealth concentration bankrolled by consumer spending on necessities.

Bill That Could Limit Lawsuits Against Pesticide Manufacturers Heads to Senate Floor

Idaho Press reported:

> A bill determining the future of pesticide-related lawsuits is headed to the Idaho Senate floor. The Senate Commerce and Human Resources Committee heard testimony on Sen. Bill 1245 on Tuesday afternoon. Sen. Mark Harris, R-Soda Springs, said the bill would add language to existing Idaho laws "to protect agricultural pesticide products our farmers and ranchers depend on."
>
> As written, the bill says that any pesticide approved by the U.S. Environmental Protection Agency and bearing the required warning label regarding potential threats to human health and safety would be considered to have given sufficient warning of the risks.
>
> The legislation is anticipated to provide immunity to pesticide manufacturers from most lawsuits about health conditions that arise from the use of pesticides.
>
> The bill comes to the Idaho Senate in the wake of several years of lawsuits in which plaintiffs across the country argued that exposure to the glyphosate-based herbicide, Roundup, caused them to develop cancer and other health conditions. Bayer, the manufacturer of Roundup, has been ordered to pay hundreds of millions of dollars in damages in multiple cases to different plaintiffs.

Palm Oil Supplier to Nestle, Kellogg's Linked to Peru Deforestation in Report

Reuters reported:

> A supplier to brands including Nestle, Kellogg's and Colgate has been farming palm oil on deforested land in one of the best-preserved areas of Peru's Amazon rainforest, an environmental group said in an investigative report released on Wednesday.
>
> Peru-based supplier Ocho Sur and related companies deforested more than 130 square kilometers (50 square miles) in Peru's Ucayali region, with most of the destruction occurring since 2012, the nonprofit Environmental Investigation Agency (EIA) said in the report. That is an area more than twice the size of Manhattan.
>
> Ocho Sur is a privately held company backed by North American investors, according to its website. In a statement last year, the company denied having cleared any additional land.
>
> Investigations by nonprofit organizations into food companies have scrutinized the often-murky connection between deforestation, a major contributor to climate change, and the food on consumer's plates. Since 2020, nonprofit groups such as Greenpeace and Mighty Earth have linked supermarkets, grains traders and meatpackers to Amazon deforestation as these organizations seek to pressure businesses to source sustainably.

Spanish Farmers Say Paella Rice Under Threat After EU Pesticide Ban

Reuters reported:

> A Spanish rice variety traditionally used to make paella is under threat from a fungus after the European Union banned a pesticide farmers said they relied upon, in another example of how the bloc's environmental rules are angering growers.
>
> Three rice producers in the Valencia region said their harvest of arroz bomba, or bomb rice, a variety grown almost exclusively in Spain, was half the 10-year average in 2023 as a result of the Pyricularia fungus which causes rice blast disease.
>
> Meanwhile, major exporters such as Brazil, India and Cambodia are widely using the pesticide to protect their own crops.
>
> Farmers across Europe have staged angry protests against the EU over restrictions they say hand an advantage to outside competitors. Spanish farmers have been protesting across the country this week.

Subscribe to The Defender – It's Free!

First Name.. Last Name.. Email.. SIGN UP

SUGGEST A CORRECTION

The Defender Staff

The Defender is the news and views website for Children's Health Defense. Our mission is to end corruption to save democracy. Our content exposes the corporations, elected officials, government agencies and individuals who put profits before people and planet.

Sign up for free news and updates from Children's Health Defense. CHD focuses on legal strategies to defend the health of our children and obtain justice for those injured. We can't do it without your support.

Children's Health Defense Comment Policy

We welcome relevant and respectful comments. Off-topic comments may be removed.

Please read our Comment Policy before commenting.

Got it

8 Comments Login

Join the discussion...

LOG IN WITH OR SIGN UP WITH DISQUS

Name

1 • Share Best Newest Oldest

Ricky Ricardo
3 days ago

I avoid all "Brand Name" food-like substances. You should all follow my lead. Any organic company that has been bought out by the "Big Names", is no longer organic - no matter what they tell you! Kellogg's set the ball rolling by buying out Kashi. Kashi was a good brand. Now, it's nothing but part of Kellogg's agenda of poisoning the masses and getting richer and richer off it.
BTW: Quaker Oats is the worst brand for glyphosate contamination!

10 0 Reply • Share ›

Voyt Regnal → Ricky Ricardo
3 days ago

I consume Quaker Oat (one spoonful daily) in the morning. Thanks for warning , will change the brand !

3 0 Reply • Share ›

Ricky Ricardo → Voyt Regnal
2 days ago

Here's a couple of links that only took me a couple of minutes to find and speed read through them:
https://www.ewg.org/news-in...
https://organicconsumers.or...

1 0 Reply • Share ›

Cookie Monster → Ricky Ricardo
a day ago

Yep... Almost every "Natural" sounding brand has been bought by Big Agriculture... I assume you have seen something similar to this chart, but for those that haven't... The only brand I use that is privately owned is Terrasoul. A good brand for Cereals is Nature's Path. Other than that, I can't think of any... I remember Lara Bar and RX Bars were great and after they were bought, they taste like *radio edit*

As far as Oats, they WREAK havoc on Teeth...

https://www.cornucopia.org/...

https://www.westonaprice.or...

1 0 Reply • Share ›

Voyt Regnal
3 days ago edited

"Why Your Groceries Are Still so Damn Expensive"....America is not the only one, therefore blaming 'geriatric Biden' may not be the perfect shot 🤔.

Inflation is being felt up and down the supply chain and across the economy. In the case of food, war, extreme weather, fuel prices, supply chain disruptions, labour shortages, caused food prices to rise. There has been lots of evidence of this, that show the true impact of this international phenomenon.

For example in Canada: “Over a 5-year period since 2018, general food price inflation has seen an increase of 25.1%,
https://www.retailcouncil.o...

2 0 Reply • Share ›

Trish P → Voyt Regnal
2 days ago edited

Blame the Biden administration and the Democrats in Congress for inflation. Remember, under Trump, inflation was miniscule.

What causes inflation? Stopping our oil/gas production/Keystone pipeline and stopping drilling raised the price of gas. Higher prices for gas and all products trucked to grocery stores and other businesses.

Wasteful and overspending by the Biden Administration and the Democrats in congress is ridiculous; funding the war in Ukraine by many billions of dollars; pulling out of Afghanistan leaving Billions of ammo and weapons, tanks behind for the Taliban to sell to terrorists; allowing millions of invaders at our border (few of which qualify as refugees-to qualify you need to be in fear of political prosecution in your home country). Only atiny percentage qualify.. Of those who are let in only about 3% actually show up for their scheduled immigration court case. Giving them free air travel to a city of their choice; providing free housing; now giving them $1000/month credit cards.

All the wasted money for inefficient energy like wind and solar (blades and panels end up in land fills); grants for electric vehicles that few want (and no

see more

1 0 Reply • Share ›

A **Alan Porianda** → Trish P

a day ago

Yes you are 100% correct but many of the Republicans have allowed this to happen over the last few years. When you are cheering for your favorite team to score points in a sporting event, you don't blame the opposing team for scoring points, you blame your team.

1 0 Reply • Share ›

V **Voyt Regnal** → Trish P

a day ago

Cannot disagree...what a bummer. Turdeau tries to kill oil/gas industry in Canada, and wasted / embezzled taxpayers money like no one befor him.

0 0 Reply • Share ›

Subscribe Privacy Do Not Sell My Data

Children's Health Defense

Children's Health Defense® is a 501(c)(3) non-profit organization. Our mission is to end childhood health epidemics by working aggressively to eliminate harmful exposures, hold those responsible accountable and establish safeguards to prevent future harm. We fight corruption, mass surveillance and censorship that put profits before people as well as advocate for worldwide rights to health freedom and bodily autonomy.

THE DEFENDER IS AVAILABLE IN:

ENGLISH SPANISH PORTUGUESE GERMAN ITALIAN FRENCH

TAKE ACTION

DONATE FREE SIGN-UP BECOME A MEMBER

Donations are tax deductible to the full extent of the law. EIN #26-0388604

Children's Health Defense • Legal Disclaimer • Terms of Use • Privacy Policy • Donate • Work for CHD • Contact • Social • Membership FAQ

© 2016 - 2024 Children's Health Defense® • All Rights Reserved • Sitemap